**GRADE 8 HEALTH**

**MATERIALS:** pen, 3-ring binder with looseleaf, coloured pencils/markers (on occasion)

**GENERAL GOAL OF THE COURSE**: students will leave public education both

understanding and practising wellness, by making wise lifestyle choices which

contribute to the development of not only a healthy, caring individual but also to the

community

**COURSE OBJECTIVES**:

-to understand what changes children will experience personally and those they will see in others and to develop an awareness of potentially harmful factors, and ways to minimize risk

-to develop decision making skills in order to minimize risk (from harm) and to assess and evaluate consequences

-to appreciate a range of beliefs and attitudes and the impact they may have for an individual and for society

**GENERAL COURSE TIMELINE**:

September to February: I. **Caring for Yourself, Your Family and Your Community**

-identify injuries that are prevalent in the community

-identify and describe various environmental factors that affect our health

II. **Personal Wellness**

-describe the domains of wellness and identify strategies for promoting their own wellness

-identify strategies for promoting nutrition and physical activity

-identify how environments influence health choices

-identify how advertisements are used to promote health

March to June: III. **Use, Misuse and Abuse of Materials**

-demonstrate knowledge of and respect for people with sensitivities or allergies

-explain the use and misuse of substances which claim to assist weight loss or body building

-define what is meant by addictive behaviour and discuss why some individuals are more prone to addictions

IV. **Growth and Development**

-understand the changes that occur in the body during puberty

-understand the structures and functions of male and female reproductive systems

-understand that sexuality is an expression of one’s “femaleness” or “maleness”

**EVALUATION:** assignments, projects, tests, quizzes will be combined to determine the overall percentage grade

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